

Unbeatable Mind By Mark Divine

Explains how to lose up to twenty pounds and create the washboard abdomen that every man wants, offering a meal plan, a workout program with a focus on lower-body exercises, twelve "superfoods," and a simple maintenance plan. Kirk R. Parsley, M.D. is a former Navy SEAL, turned physician, turned physician for the SEALs, turned health optimization consultant, turned performance enhancement and optimization coach for the most performant humans on the planet. Dr. Parsley describes why sleep is the most underused performance enhancement tool available. He details his personal, clinical, and professional development into one of the world's most respected sleep improvement experts. This book will give you the understanding of how sleep affects all aspects of performance. Whether you are a shift worker, transcontinental pilot, first responder, military, entrepreneur, corporate executive, professional athlete, or a stay at home parent, we ALL have performance goals. This book describes how, when, where, and how much to sleep--in order to improve your performance in any area of your life. These techniques have helped A-list celebrities, physicians, teachers, professional athletes, and everyone in between. You will learn a step-by-step process to get the most performance and joy out of your life, while simultaneously reducing your risk of death and disease from all causes. As business leaders, we are so often called to do things: make decisions, fix problems, manage money. But, the irony is, the more we do, the less control we have. Effective leadership requires composition, control, and focus-skills which are all strengthened by learning to do nothing. Years of practicing mindful meditation have helped Rob Dube become an acclaimed entrepreneur, propelling his leadership to new heights. In do nothing, he shares his experiences with meditation and silent retreats, the wisdom of other business leaders who have established meditation routines, and scientific studies that prove the positive effects of meditation on the mind, body, and heart. He also teaches you how to meditate-the easy part!-and the best ways to turn a daily practice into a lifelong habit. It's time to become the strongest, most efficient, and most mindful leader you can be-and all by embracing the ability to do nothing.

8 Weeks to SEALFIT plunges you into more than a workout program. Mark Divine's stories and assignments will develop your mental, emotional, intuitive and spiritual warrior as well as your physical warrior. What You Will Learn • Develop the character traits of a Navy SEAL • Forge an unbeatable mind • Adopt a level-headed approach to nutrition • Gain exceptional overall strength and stamina • Improve work capacity and durability • Get the best functional workout available with the least amount of equipment A Sneak Peek into 8 Weeks to SEALFIT It begins with your arrival as a Navy SEAL BUD/S cadet. There's no time to dilly dally. You either do the first workout and commit to this training, or don't bother. Next day, you move on to another challenge completely different than what you'd expect. It's not the stuff for doubters, quitters, or complainers.

These 8 weeks will be hard. Mark will push your physical body to its limits and test your inner resolve. You'll be tempted to give up. But if you embrace the suck of the challenge, you'll begin to win. The stories and adventures Mark takes you on — escaping battlefield danger, calming yourself when there's no way out, learning to trust your gut — will tap into more power than you knew you had. You'll begin to glimpse, and reach, your full potential. You'll develop the character that makes a Navy SEAL: discipline, drive, determination, self-mastery, honor, integrity, courage, and leadership. You'll thrive in a teamwork setting. You'll learn to laugh and not take your circumstances so seriously. You'll even know how to functionally train without equipment. This is the ground-breaking training that increases SEALFIT athletes' overall endurance, work capacity, and toughness. Be someone special. Let's get started...

Foreword by Seattle Seahawks quarterback Russell Wilson From a top mental conditioning coach—"the world's best brain trainer" (Sports Illustrated)—who has transformed the lives and careers of elite athletes, business leaders, and military personnel, battle-tested strategies that will give you tools to manage and overcome negativity and achieve any goal. He knows how to win. More, he knows the many ways—subtle, brutal, often self-inflicted—we lose. As the most trusted mental coach in the world of sports, Trevor Moawad has worked with many of the most dominant athletes and the savviest coaches. From Nick Saban and Kirby Smart to Russell Wilson, they all look to Moawad for help finding or keeping or regaining their competitive edge. (As do countless business leaders and members of special forces.) Now, at last, Moawad shares his unique philosophy with the general public. He lays out lessons he's derived from his greatest career successes as well as personal setbacks, the game-changing wisdom he's earned as the go-to whisperer for elite performers on fields of play and among men and women headed to the battlefield. Moawad's motivational approach is elegant but refreshingly simple: He replaces hardwired negativity, the kind of defeatist mindset that's nearly everybody's default, with what he calls "neutral thinking." His own special innovation, it's a nonjudgmental, nonreactive way of coolly assessing problems and analyzing crises, a mode of attack that offers luminous clarity and supreme calm in the critical moments before taking decisive action. Not only can neutral thinking raise your performance level—it can transform your overall life. And it all starts, Moawad says, with letting go. Past failures, past losses—let them go. "The past isn't predictive. If you can absorb and embrace that belief, everything changes. You'll instantly feel more calm. And the athlete—or employee or parent or spouse—who's more calm is also more aware, and more times than not ... will win."

If you could improve one area in your dad journey...what would it be? What would it be like if you mastered not one, but several aspects of your dad journey all at once? What would life be like if you improved your level of patience, had better and deeper connections with your wife and kids, improved your relationships outside the immediate family, and all while mastering a good work/life balance?

How would life be different if you did this? Hello, I'm Larry Hagner and I'm a dad. I love being a dad. And I believe that being a dad is one of the most rewarding aspects of a man's life. However, being a father can humble you like nothing else can. There really is no roadmap. With so few resources out there for dads like us, I decided to create The Dad Edge to help YOU as a dad to give you easy to implement techniques you can use to be your very best and enjoy your journey of fatherhood. The Dad's Edge will help you: * Master work/life balance * Discover three techniques to improve and maintain a great connection with your kids * Improve your connection & intimacy with your spouse, no matter how busy you are * Improve your relationships outside the immediately family * Uncover three easy ways to improve your patience short term and long term * Discover simple ways to show up big for your kids and be present in the moment * Thrive (Not Survive) your journey of fatherhood If you can identify with one or more of these issues, I understand first hand. Every one of us struggles with these issues on our dad journey and now I've empowered you with some great strategies and a solid roadmap in The Dad's Edge so you can relax and feel confident you are "good dad focused" and nothing will stand in your way!

From the mental toughness coach of a World Series-winning team? a simple, three-step program to winning in life People with inborn talent may be good at what they do—but only the mentally tough reach the highest plateaus in their field. Fortunately, mental toughness is something anyone from any walk of life can learn. Director of mental training for the St. Louis Cardinals and a top-tier executive coach, Dr. Jason Selk is an expert on teaching people how to develop the mental toughness needed to attain their goals. In this book, he shares hands-on daily exercises for breaking old, self-defeating patterns of behavior and replacing them with the can-do attitude and positive behavior that leads to measurable positive results. Executive Toughness outlines the steps for attaining high-level success: • Accountability? truly develop a “no-excuse” mentality • Focus? significantly increase attention, focus and confidence • Optimism? recognize and redirect thoughts patterns for increased execution and performance By incorporating these steps into your daily life, you'll be on the path to attaining your goals. Once you make these behaviors part of your mental “DNA,” and there will be no turning back!

From conflicts in Panama to the war in Iraq, Navy SEAL Michael Jaco has employed his powers of perception and awareness to save his life and the lives of his fellow SEALs. In The Intuitive Warrior, Jaco recounts the mentally and physically demanding training required of members of one of the most elite Special Forces units and how the intuition developed during that training can be learned and applied by anyone. Using real-life examples, Jaco explains how he tapped into his intuitive capabilities to predict attacks and protect his fellow soldiers. The Intuitive Warrior will teach you how employing the methods perfected by a genuine military hero can act as a catalyst toward developing a richer, more fulfilled life.

Do you want to truly be your own master, increase your emotional toughness, control your lizard brain, and get more done during your day? Do you want to turn your dreams into action - all the time? 95% of decisions are based on feelings. Not logic. Not rational thought. Feelings. Can you feel the pull of emotions, hunger, guilt, pain, jealousy, depression, and everything else weighing on every decision that you make? Business owners, entrepreneurs, regular people looking to get in shape, anyone with a goal that isn't terrified of tough love - you need to read *F*ck Your Feelings* - as soon as possible! In this book you'll learn how to use personal mind control techniques to control the way your brain is wired, constantly accomplish your goals, and feel MORE pleasure during the day. You cannot control your instincts until you understand how they work - PERIOD. Learn how to apply the fundamentals of emotional control so that you can uplift yourself ON COMMAND, fight through periods of stress and torment, and give yourself long-term satisfaction and peace. Packed with advice you can put to use right away, you'll learn how to SPOT and What pragmatic and actionable tactics will you learn? The one four letter word that practically guarantees you'll fail at whatever you do. The real nature of emotions, and the twenty minute exercise we can take to give ourselves lasting joy throughout the day. Why eating one marshmallow at the wrong time can ruin your relationships and cost you thousands of dollars. Why play, safety, and something called the VAGUS NERVE is critical for your performance in life. The "everything is everything" moment that will separate you from 92% of people - in the entire world. Also the following insights: How to survive and recover when your brain is HOOKED on dopamine, fear, amusement, and other toxic drugs. The actual, CONTROLLABLE physical property that decides whether you're a dreamer, or a doer! How feeling threatened or insecure can actually make you sluggish, lazy, and TRAPPED in failure. How to interact with your phone, tablet and computer without wrecking your back, eyes, and heart. And so much more! Here's what this book ISN'T: this isn't a get rich quick scheme, a business plan, or some touchy-feely nonsense about touching your inner self. This is about building the most consistent element in any business - YOURSELF. How will your business improve? Be more focused throughout the day. Gain the ability to say NO to temptation when it comes. HACK your brain so that you're always energized and pumped up NEVER be outside your comfort zone or afraid of a challenge. Implement these techniques and watch your profits skyrocket. Learn how to control your own mind and turn your desires into ACTION by scrolling up and clicking the BUY NOW button at the top of this page!

A Valiant Call to Live Manfully You and I are brothers in the battle of our age. We are at war with complacency, abdication of responsibilities, anxiety, and those who are hell bent on the eradication of anything resembling whole, healthy, and authentic masculinity. One of the greatest weapons we have in the fight is to live deliberately and with the courage to earnestly tend the fire God has placed in our hearts. In *Tending the Fire*, Mike Yarbrough inspires and equips men to break

free from the status quo and take up the High Calling of manliness. Filled with timeless principles, poetic insights, and touching humor, this book is a must read for every man in every season of life.

From the millions-strong audiences of Oprah and The Secret to the mass-media ministries of evangelical figures like Joel Osteen and T. D. Jakes, to the motivational bestsellers and New Age seminars to the twelve-step programs and support groups of the recovery movement and to the rise of positive psychology and stress-reduction therapies, this idea--to think positively--is metaphysics morphed into mass belief. This is the biography of that belief. No one has yet written a serious and broad-ranging treatment and history of the positive-thinking movement. Until now. For all its influence across popular culture, religion, politics, and medicine, this psycho-spiritual movement remains a maligned and misunderstood force in modern life. Its roots are unseen and its long-range impact is unacknowledged. It is often considered a cotton-candy theology for New Agers and self-help junkies. In response, *One Simple Idea* corrects several historical misconceptions about the positive-thinking movement and introduces us to a number of colorful and dramatic personalities, including Napoleon Hill and Norman Vincent Peale, whose books and influence have touched the lives of tens of millions across the world.

The Breakthrough Blueprint changes the way leaders think about breakthroughs and innovative thinking. Rather than relying on lone geniuses, lightbulb moments, “creative types,” or long battering-ram sessions approaching the ‘how’ of the challenge, they will learn how any individual can structure their days to unobtrusively create the mindset and environment where breakthroughs are not only consistent occurrences but can be immediately acted upon to create the optimal desired impact. The book provides an actionable, clearly delineated, architectural structure for optimizing the impact of breakthrough ideas—something that has always been treated as an intangible, “fuzzy” topic. It includes illustrative case studies of each element as employed by NBA players and widely admired business leaders. *The Breakthrough Blueprint* breaks down the components of breakthrough thinking into a formula that is so easily employed, it can be pegged to the hours in your day. Rather than focusing on the challenge of the ‘how’ that requires an innovative solution, these tools clarify 1) who you are and how to establish the Breakthrough Confidence you need to achieve the specific breakthrough you are targeting, 2) where your team is and how to build the Breakthrough Cooperation required to act upon your breakthrough, 3) the potential of your breakthrough in service to others, and 4) why your goals inspire you to innovate and solve larger questions with purpose and relentless consistency. Although the formulas and methods are all backed with both scientific data and anecdotal case studies, the material is presented to appeal to elite performers in any industry, with relatable examples and entertaining, clear language.

The members of America's Special Operations Forces are renowned world-wide

for their exceptional military prowess and sheer physical toughness. However, the major factor in the success these warriors achieve is their mental toughness, decisiveness, resilience and ability to control their natural physical and psychological responses to fear and stress during some of the most dangerous situations imaginable. These extraordinary warriors possess a unique mindset that enables them to successfully attack and overcome obstacles and challenges that others can't - or for various reasons - won't even try to tackle. Now, you can leverage the insights and advice of members of some of Americas' elite military units to elevate your level of mental toughness and self-confidence. Topics covered in this book include: - The Rite of Passage: An Introduction to Special Operations Selection - The Special Operator Mindset: Individual Traits, Attitudes, Tactics & Techniques - How You Can Develop a "Spec-Ops" Level of Mental Toughness - How to Control Fear, Stress & Anxiety - The Navy SEAL Seven Pillar Technique - Methods of Developing Exceptional Self-Confidence - The "Whole Person" Approach to Personal Development - How Special Operators Achieve Excellence via "Deliberate Practice" - The "Wet Socks" Story: A Special Operators' Thoughts on Overcoming Adversity - The Four Levels of Competence: How You Can Apply Them To Your Life - How to Set Goals, Take Action & Achieve Success This book is designed to help you develop the same mindset, strength of will and winning mentality that is shared by Americas' most capable and respected warriors. It can help you change your perspective on how you have been approaching various aspects of your personal and professional life and it provides techniques, tools and tips that can help you achieve your dreams and goals!

For the last decade, decorated Navy SEAL, accomplished athlete, and bestselling author Don Mann has been traveling across the country giving motivational talks and in the process inspiring hundreds with the secrets behind his awe-inspiring achievements. In *Reaching beyond Boundaries*, Mann brings his much sought-after wisdom to the page. As an elite Navy SEAL, Mann performed seemingly impossible tasks on a regular basis. Here he details the lessons he learned from his training and shows how the rest of us can apply those teachings to our daily lives in terms of learning to push beyond our internal boundaries and achieve the goals we've set for ourselves, both professionally and personally. *Reaching Beyond Boundaries* teaches how to set and conquer both micro- and macro-goals through removing excuses, having the right mindset, and learning from successes and failures. Making your dreams a reality is possible. With *Reaching Beyond Boundaries* you can begin to realize your fullest potential today.

Imagine. How extraordinary would your life be if you had the self-discipline of a Spartan? Imagine a life without limits. The true you, unleashed. The lion-like Spartan warrior within, roaming free. Succumb to less. Achieve success. We all know that discipline is the key to our dreams. There's just one problem. Discipline is hard. But here's a secret: It doesn't have to be. *Self-Discipline: How to Develop*

Spartan Discipline, Unbreakable Mental Toughness, and Relentless Willpower by Dominic Mann teaches you life's single most important skill--the ability to get done what you really want to get done. That's right. No more regrets, only exhilarating success! Have your best day, every day. Discover... Why the Spartans disliked pleasure (and how this made them STRONGER). The ONE thing that leads to effortless discipline in ALL areas of your life. Why the austere Spartans were actually happier than the decadent king of Persia. And more! Live powerfully. Achieve greatness. Be a Spartan. Learn... How the Spartans and Navy SEALs develop jaw-dropping mental toughness. How to conquer yourself so that you can, in turn, conquer your goals. The surprising "inverse self-discipline" hack that catapults you toward your goals. And more! Shock your coworkers. Even on your worst day, you'll still be outperforming everybody else! To unleash the Spartan warrior within and conquer your most ambitious goals, scroll up to the top and click BUY NOW!

A "guide to success in all aspects of life-- not just sports-- from business to relationships to personal challenges of every variety"--Amazon.com.

The Navy SEAL, humanitarian and best-selling author of *The Heart and the Fist* draws on ancient wisdom and personal experience to counsel readers on how to promote personal resilience and overcome obstacles through positive action. 100,000 first printing.

From New York Times bestselling author and former Navy SEAL Brandon Webb comes a simple yet powerful five-step guide to transforming your life by making your fears work for you instead of against you. Brandon Webb has run life-threatening missions in the world's worst trouble spots, whether that meant jumping out of airplanes, taking down hostile ships on the open sea, or rolling prisoners in the dead of night in the mountains of Afghanistan. As a Navy SEAL, he learned how to manage the natural impulse to panic in the face of terrifying situations. As media CEO and national television commentator, he has learned how to apply those same skills in civilian life. Drawing on his experiences in combat and business, along with colorful anecdotes from his vast network of super-achiever friends from astronauts to billionaires, Webb shows how people from all walks of life can stretch and transcend their boundaries and learn to use their fears as fuel to achieve more than they ever thought possible. "Fear can be a set of manacles, holding you prisoner," writes Webb. "Or it can be a slingshot, catapulting you on to greatness." The key, says Webb, is not to fight fear or try to beat it back, but to embrace and harness it. In the process, rather than being your adversary, your fear becomes a secret weapon that allows you to triumph in even the most adverse situations. In *Mastering Fear*, Webb and his bestselling coauthor John David Mann break this transformation down into five practical steps, creating a must-read manual for anyone looking for greater courage and mastery in their lives.

UPDATE: 3rd Edition Now Available Feed the courage wolf with Unbeatable Mind!

Commander Mark Divine, a retired Navy SEAL and founder of SEALFIT and the popular Unbeatable Mind Academy, presents his insights on how to forge mental toughness, develop mental clarity and cultivate an authentic warrior's spirit. The book's themes were developed over the past decade to provide a foundational philosophy for his Unbeatable Mind Academy...training designed for special operations candidates that has led to an extremely high success rate. Now enjoyed by thousands from all walks of life, Unbeatable Mind training can lead to a profound transformation of self, leading to breakthroughs in all walks of life and a new "20X factor" awareness that you are capable of at least twenty times more than you previously thought. This book will help you develop: Mental clarity- to make better decisions

while under pressure Concentration - to focus on the mission until victory Awareness - to be more sensitive to your internal and external radar Leadership authenticity - to be a heart-centered leader and service oriented teammate Intuition - to learn to trust your gut and use your mental imagery to your advantage Offensive "sheepdog" mindset - to avoid danger and stay one step ahead of the competition or enemy Warrior spirit - to deepen your willpower, intention and connection with your spiritual self Here is what others are saying about Unbeatable Mind: Dear Coach Divine, I want to thank you for your amazing Unbeatable Mind book and program, which in my estimation, is the most well thought out, organized and practical program of its kind that I have ever seen. Simply the best. -- Eric "Sir you probably get these letters all the time but I want you to know that you have profoundly changed my life for the better. I am a better human being since reading Unbeatable Mind and participating in the online academy. I am gaining control of my monkey mind which has run amuck for many many years with self-defeating attitudes and behaviors. I am now part of the solution in this world and not part of the problem. I am a sheepdog!" -- Kevin This second edition of has over 100 pages of new content, including graphical models and a new chapter on integration. It is essentially a new book that follows the same structure and expands upon the insights of the original. Digital formatting errors have been corrected. Mark Divine is also the author of The Way of the SEAL" and 8 Weeks to SEALFIT

Discover the five inner beliefs shared by the world's greatest achievers. If you want to take control of your life and achieve your biggest dreams, you must develop a "warrior mindset." This book will show you how to stop thinking like a victim and start thinking like a warrior. In this inspirational fable, Chris McNeely is a college football coach who is at the end of his rope after a hard-and-fast fall from the top of his profession. Now bankrupt and on the verge of losing his job, he has no idea what he's doing wrong or how to get back on track. Angry, worried, and desperate for help, Chris receives mysterious visits from five of history's greatest coaches: John Wooden, Buck O'Neil, Herb Brooks, Paul "Bear" Bryant, and Vince Lombardi. Together, these five legendary leaders teach Chris how to "think like a warrior" and take control of his life. The "warrior mindset" he develops changes his life forever-and it will change yours as well. Discover the life-changing lessons of John Wooden, Buck O'Neil, Herb Brooks, Bear Bryant, and Vince Lombardi in this inspirational tale of what it takes to achieve your dreams-whatever those dreams may be. This book will show you how to... - Build your self-confidence - Develop mental toughness - Attack every day with joy and enthusiasm - Use a positive mental attitude to achieve more - Harness the power of positive self-talk - Be a positive leader for your family and your team - Become the person you were born to be - And much more... The five inner beliefs revealed in this book will empower you to take control of your life and overcome any obstacle that stands in your way.

ONE OF AMAZON'S BEST BUSINESS BOOKS OF 2018 SO FAR ONE OF THE FINANCIAL TIMES' BUSINESS BOOKS OF THE MONTH UPON RELEASE ONE OF BUSINESS INSIDER'S BEST BUSINESS BOOKS TO READ THIS SUMMER 'This small book carries the irresistible implicit promise that if you follow the morning routines of famous, important and successful people, you will become famous, important and successful yourself.' Financial Times How are you spending your most valuable hours? The first few choices you make each morning can unlock greater productivity, creativity, and calm - or bring out your worst self. Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house. The president of Pixar and Walt Disney Animation Studios, Ed Catmull, mixes three shots of espresso with three scoops of cocoa powder and two sweeteners. Retired U.S.Army Four-Star General Stanley McChrystal works out at 4:00 AM every day for at least an hour. Part instruction manual, part someone else's diary, My Morning Routine interviews sixty-four of today's most successful people - including Biz Stone, the co-founder of Twitter; Arianna Huffington, founder of The Huffington Post; and Michael Acton Smith, the CEO of Calm - and

offers timeless advice on creating a routine of your own. Some routines are all about early-morning exercise and spartan living; others are more leisurely and self-indulgent. Whether you want to boost your productivity, implement a workout or meditation routine, or learn to roll with the punches in the morning, this book has you covered. Once you land on the right routine, you'll look forward to waking up. ----- From inside the book: 'A big part of my morning routine is about what I don't do: when I wake up, I don't start the day by looking at my phone' - ARIANNA HUFFINGTON, founder of the Huffington Post and Thrive Global 'I travel a lot for work, so my days are always different. Having a morning routine really means fitting things in around everything else' - CAMERON RUSSELL, fashion model and cultural activist 'If I don't get a chance to play with my son in the morning I feel like I missed something that I'll never get back' - BIZ STONE, cofounder of Twitter 'Find certain things you know you should do, don't like to do, or make excuses to avoid, and then do them every day' - STANLEY McCHRISTAL, retired U.S. Army four-star general ----- BENJAMIN SPALL AND MICHAEL XANDER are the founders of mymorningroutine.com. Spall has written for outlets including The Huffington Post, 99U, and The Next Web. Xander is a product designer and engineer.

In *One Mission*, former Navy SEAL Chris Fussell draws on his extensive experience of high-pressure team work to show how organizations can apply lessons from the field to successfully transform their way of doing business – becoming flatter, quicker, and much more collaborative across departments and divisions. 'Chris Fussell is one of the most dynamic thinkers of our day. His ideas and his perspectives have challenged many of my own assumptions and pushed me to think bigger. I'm smarter because of Chris Fussell. Read this book!' Simon Sinek, bestselling author of *Start With Why* Whilst sharing his own military experience, Fussell explores examples of transition in companies ranging from industry titans like Intuit and Under Armour to small businesses, which have all adopted the 'Team of Teams' model in order to unite everyone around single compelling mission. The result is a 'shared consciousness' that drives consistently better results with less friction and inter-group rivalry. *One Mission* is a practical handbook for any leader looking to evolve their workforce into a highly mobile and effective unit and inspire their teams to look beyond their narrow field of vision to understand – and effectively contribute to – the organization's one true mission. The steps of transition include:

- Achieving strategic alignment: communicating organizational priorities down the chain of command.
- Determining operating rhythm: organizing regular company catch up and feedback sessions.
- Setting up communication and decision-making processes: developing a hybrid decision-making structure to empower and inspire every person on the team.
- Shifting leadership behaviour: ensuring successful transition with radical humility by starting with the leader and continuing down the chain of command.

PIVOT PERSPECTIVE. CHANGE YOUR LIFE. Most of us run on an endless string of vague goals and should-haves, with true, empowering change always just out of reach. Many of us feel stuck in our day-to-day routine, without the proper tools to break the mold and live our best lives every single day. David Nurse, a renowned life optimization coach of more than 150 NBA players and CEOs, knows it doesn't have to be that way. *Pivot & Go* is a compelling, hands-on blueprint to changing course and leading the life you want to live-today. In this energizing, adventurous, and actionable guide, David outlines a clear 29-day plan-not to living the life, but to living your absolute best life. His key is to make mindful mindset pivots that allow you to shift your perspective by incremental yet powerful degrees. Focusing on success, failure, passion, joy, and confidence, *Pivot & Go* is here to help you find your genuine rhythm-one that will carry you through each chapter of life with the energy and ability to make the most of every day. Punctuated with stories from his own journey to leading a full and rewarding lifestyle, as well as featuring never-before-told stories of triumph from some of the top NBA athletes in the world, David has delivered a book like no other. Not only will it give you the power to change your life, it will give you the strength to do so. Get ready to banish negative thoughts, live to the

max, and become energized and ready to tackle each and every day.

This book will introduce to you some of the methods used by Navy SEALs to develop mental toughness and self-confidence. These techniques also apply to anyone who is interested in becoming more mentally tough, and who is willing to work toward achieving their specific personal and professional goals. Topics covered include: - Navy SEAL Training Overview - BUD/S and Hell Week: Lessons You Can Use! - Earning The Trident Every Day: How SEALs Sustain Excellence - SEAL Missions: An Inside Look At How SEALs Operate - The 23 SEAL Success Traits & Habits - Mental Toughness As Defined By The SEAL Community - The Limbic System & the Physiology of Fear - Seven Fear Suppressing Techniques Used By Navy SEALs - How To Develop A "Refuse to Lose" Mindset - The Process of Becoming Mentally Tough - Thoughts on Becoming An Extraordinary Person! This book can help you develop the same level of mental toughness and resilience that is common to members of this elite force. It is a compelling narrative with powerful insights that can help you achieve your goals!

Endless terror. Refugee waves. An unfixable global economy. Surprising election results. New billion-dollar fortunes. Miracle medical advances. What if they were all connected? What if you could understand why? The Seventh Sense is the story of what all of today's successful figures see and feel: the forces that are invisible to most of us but explain everything from explosive technological change to uneasy political ripples. The secret to power now is understanding our new age of networks. Not merely the Internet, but also webs of trade, finance, and even DNA. Based on his years of advising generals, CEOs, and politicians, Ramo takes us into the opaque heart of our world's rapidly connected systems and teaches us what the losers are not yet seeing -- and what the victors of this age already know.

A powerful way to master every performance in your career and life, from presentations and sales pitches to interviews and tough conversations, drawing on the methods the author applied as a working actor and has honed over a decade of coaching salespeople, marketers, managers, and business owners. You have a three-year business plan. You're channeling all of your energy into it. But while you're hyperfocused on work, your health will deteriorate, your partner will leave you, your relationship with your kids will become toxic, and your business will suffer because everything else is falling apart. To achieve all your goals, you need to stop neglecting the stuff that happens outside the office. The 4 Keys reveals how devoting equal time to work, body, relationships, and mindset will bring your life into balance. Drawing on his work with C-suite clients-and his own hard-learned lessons-business psychologist Andrew Sillitoe shows you how to: - Implement a unique system that brings balance back to your life.- Achieve professional and personal goals with a ninety-day game plan- Feel more energized, focused, and healthy- And much more Tackling the keys head-on will yield dramatic results. Commit yourself-and rebuild your life

Unbeatable Mind Forge Resiliency and Mental Toughness to Succeed at an Elite Level CreateSpace

From the international bestselling authors of THE TOOLS and GOOP's resident psychotherapists comes a ground-breaking new book to help us overcome the side of us that is destructive and negative to find a deep level of happiness and

fulfilment. Just as we are all motivated and driven by a positive desire to be our best, live by our values and to follow our dreams, so too are we all held back by a negative, destructive and fear-driven side of ourselves. It is this part of us that compromises our ability to realise our potential and be truly happy – the side of us that the authors called our Part X. We all have a Part X and we cannot get rid of it, but we can learn to manage it with the help of the four simple tools in this book. When we do this we free ourselves from whatever is holding us back to create a fulfilled life and anything we want or need to achieve becomes truly possible. The four tools in this book help break Part X's four main negative influences in our lives, namely: - Destructive impulses - Exhaustion and apathy - Negative thoughts and demoralisation - Pain and hurt COMING ALIVE is an inspiring, practical book to help us wake up to how we are being held back in life and to energise us to finally achieve our full potential.

With over 100 Five-Star Reviews, Unbeatable Mind (2nd Edition) has deeply impacted the lives of thousands of people seeking strength in their thinking, mental-state, and self-development with a curated package of tools and techniques not easily found anywhere else. In this revised and updated version of Unbeatable Mind (3rd Edition), Mark Divine offers his philosophy and methods for developing maximum potential through integrated warrior development. This work was created through trial and error proving to thousands of clients that they are capable of twenty times more than what they believe. The powerful principles for forging deep character, mental toughness and an elite team provided in this book are the foundation of the Unbeatable Mind 'working in' program of Divine's SEALFIT Academies and renowned Kokoro Camp. They are being employed by a growing number of coaches, professors, therapists, doctors and business professionals worldwide. > Commander Divine is a retired Navy SEAL and human performance expert who works with elite military, sport and corporate teams, SEAL / SOF candidates and others seeking to maximize their potential, leading to more balanced success and happiness. The training is leading to breakthroughs in all walks of life and and cultivating a robust community of practitioners. > This book will specifically help you develop: > Mental clarity- to make better decisions while under pressure. > Concentration - to focus on the mission until victory is assured. > Awareness - to be more sensitive to your internal and external radar. > Leadership authenticity - to be a heart-centered leader and service oriented teammate. > Intuition - to learn to trust your gut and use mental imagery to your advantage. > Offensive "sheepdog" mindset - to avoid danger and stay one step ahead of the competition or enemy. > Warrior spirit - to deepen your willpower, intention and connection with your spiritual self. This book has completely changed thousands of lives all around the world and it's going to make yours better too. Several times a day, people go out of their way to contact me and tell me that this book, Declare War on Yourself, is "like drinking out of a fire hydrant", "the bible of becoming better", "better than every single book I've ever read on self-improvement", and "the only book they've ever

kept on the nightstand to read daily." They tell me they NEVER reach out to authors but this book "compelled" them to do so because it has made such a huge impact on their life. A week ago, a skeptical investigative journalist reached out to me for a phone call. When I spoke to him, he said the book was so good and eye-opening that he had to speak to me himself and see if I was "the real deal or full of shit and stealing other people's content and ideas". 5 minutes into the conversation, he told me he's listened to the book 4 times and each time, he has to get a notebook, write down several pages of notes, highlight them, and then underline them. That after 35 years of reading books from every self-help author he can think of, he's never seen so much powerful information jam-packed into one single book and he doesn't understand why this isn't on every bookshelf in the world. Declare War on Yourself is straightforward, honest, and blunt. I tell you the truth even if it hurts your feelings. While most authors are busy trying to turn you into a fan and get you to like them, follow them on social media, and think they're a great person, I'm busy trying to teach you every single thing I know on how to make your life better. That's all I care about. I cut straight to the heart of what's causing your problems in your life, why those problems aren't going away, and EXACTLY what you need to do to get it all under control. I teach you how having the wrong mindset is negatively impacting your life, relationships, and results and which changes will improve your thinking, behavior, and habits so things are more likely to just fall into place for you. If you can handle some tough love with a little stank on it and be open-minded enough to toss around some new ideas for your life, then this book will help you. Even if it's not one constant massive eye-opening moment after another like a lot of readers claim to experience from this book, I guarantee you will take something from it that you'll use for the rest of your life. That in and of itself is worth the small price of this book. Here's what you're going to learn in this one-of-a-kind book: - What it actually means to have your act together - Why only 3% of us actually have our life together - Why society's definition of "having your act together" is wrong - Real reasons we're lazy, we don't push ourselves, and we keep giving up - Which people and situations keeping you from getting your act together - How what you're programming your mind with is helping you or hurting you and why there is no in between. - How much time you're actually wasting on useless thoughts, people, and activities - Which things are realistically stopping you from moving in the right direction - Which thoughts, emotions, feelings, people, places, and things getting in your way - Which emotions are sabotaging you, holding you back, and pushing you backwards - How to eliminate "chaos" from your mind, daily routine, and life and why it's important - How to eliminate the distractions keeping you from focusing - How to replace the trash habits that are causing your problems - What you need to accept about yourself and your life in order to do better - EXACTLY which things are making you unhappy, unproductive, and unsuccessful - How to reach goals faster and easier and make it a permanent habit - Which "failure" mindsets to eliminate - The powerful mindsets of the

world's most elite people and how it multiplies their success - Mental toughness – how to develop it and why you need it - How to make self-control and self-discipline easier so it's not as painful - How controlling emotions plays a big part in bad situations - What to do when everything is spinning out-of-control and you feel like giving up on yourself and life - How to talk to yourself and treat yourself during difficult times and situations - How to make big challenges small enough to handle easily - A cheap, effective, and easy-to-get tool that helps you clear your mind - How “micro-emotions” are effecting you every minute of every day and holding you back - How to “zero out” and relax when emotions are getting too extreme - How often you should share your emotions with others and what it makes them think of you - How the world's most effective and elite people handle their emotions to get their “edge” - How the state of your home relates to directly to how much you have your act together - The first thing you should do when you wake up and why it's important - Which parts of your home to keep clean and organized and why it's important - The best time of day to do your home cleaning so it's the faster and easier - The proper relationship with your superiors and co-workers - Besides making money, what you should and should not be at work for - What to before you start your work day so it goes smoothly - Tools to make your job easier and help you power through boring tasks and projects - How to improve focus, get things done, and become more productive - How to manage your time and evaluate progress - How getting your social act together makes you more likable and trustworthy - How to set social boundaries with yourself and others and why it's important - Social formalities that get you more respect - Powerful social techniques to get the attention of the right people - Habits, behaviors, and thoughts you don't need in your social life - Having a proper relationship with your money so you can make more and keep what you have - The one position that makes you financially happier - Money's real purpose and what it doesn't do for you - The real differences between broke people and rich people - When and how you should use credit and debt - Why you should save money and how much you should be saving to for when shit hits the fan - How important your time should be to you and how to spend it wisely - Plans, processes, and procedures that help you reach your goals faster - How to become extremely specific about your goals - What setbacks in all areas of your life mean and how to handle them - The most important things to do before you get your day started - How to get your mind on the right track so you're thinking the right thoughts, having the right feelings, and doing the right things - How to hit your targets, avoid distractions, and make your day easier - Which counter-productive activities are important to avoid - The most important things to do before you go to bed

Kokoro Yoga, by New York Times bestselling author and former U.S. Navy SEAL Mark Divine, is an integrated physical, mental, and spiritual training, designed initially for the nation's elite special-ops soldiers and now taught to anyone seeking to develop the heart and mind of a warrior. Kokoro, the Japanese

concept of warrior spirit—or merging heart and mind into action—is the central focus of Divine's new approach to teaching yoga. Coach Divine's yoga sequences are focused to adapt to all physical and mental capabilities, combining breathing, meditation, and visualization into both traditional poses as well as cross-training/combat-conditioning exercises. His decades of experience with amateur and professional athletes, active and aspiring Navy SEALs, and wounded warriors uniquely qualifies him as an expert motivator and teacher. With Kokoro Yoga the practitioner will:

- * Get an unbeatable full-body workout through body-weight functional movements that can be done at home or on the go
- * Increase flexibility while building long, lean muscle mass
- * Improve physical and mental balance, focus, and control at all levels—including a special segment designed for those recovering from PTSD
- * Find emotional, intuitional, and spiritual harmony to achieve peak performance

Coach Divine's methods have been tested by the toughest warriors in the world. Use this book as a guide to experience the profound power of yoga as a developmental system that will allow you to break through any barriers holding you back.

Discover how to change the lives of the people around you In *You Can Change Other People*, the world's #1 executive coach, Peter Bregman, and Howie Jacobson, Ph.D., share the Four Steps to help the people around you make positive change — even if they've been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you talk will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You'll learn how to: Disarm their defensiveness and increase their confidence to act Turn people's biggest problems into even bigger opportunities Ensure accountability and follow through without making them dependent on you No one wants to be changed; but change and personal growth are critical to success, and more importantly, to a fulfilled life. *You Can Change Other People* is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

In *The Way of the SEAL*, ex-Navy Commander Mark Divine reveals exercises, meditations and focusing techniques to train your mind for mental toughness, emotional resilience and uncanny intuition. Along the way you'll reaffirm your ultimate purpose, define your most important goals, and take concrete steps to make them happen. A practical guide for businesspeople or anyone who wants to be an elite operator in life, this book will teach you how to:

- Lead from the front, so that others will want to work for you
- Practice front-sight focus, the radical ability to focus on one thing until victory is achieved
- Think offense, all the time, to eradicate fear and indecisiveness
- Smash the box and be an unconventional thinker so you're never thrown off-guard by chaotic conditions
- Access your intuition so you can make "hard right" decisions
- Achieve twenty times more than you think you can
- and much more

Blending the tactics he learned from America's elite forces with lessons from the Spartans, samurai, Apache scouts, and other great warrior traditions, Divine has distilled the fundamentals of success into eight powerful principles that will transform you into the leader you always knew you could be. Learn to think like a SEAL, and take charge of your destiny at work, home and in life.

"Mysticism, Mind, Consciousness focuses on first-hand accounts of two distinct types of mystical experiences. Through examination of texts, recorded interviews, and courageous autobiographical experiences, the author describes not only the well-known "pure consciousness event" but also a new, hitherto uncharted "dualistic mystical state." He provides a thorough and readable depiction of just what mysticism feels like. These accounts, and the experiences to which they give voice, arise from the heart of living practices and have substance and detail far beyond virtually any others in the literature."--BOOK JACKET.

With four years in the Parachute Regiment, ten years in the SAS and two Everest summits to his name, no one is better equipped than Jay Morton to reveal what it takes to become the best of the best.

Despite the fact that leading can look and feel messy at times, there is a very distinct process to leading well that can be followed in combat, in business, and in our most important place of leadership?at home. Where most leaders struggle with accomplishing their goals and getting buy-in from their teams, this book provides a methodology that will help any leader guide their team successfully. Leadership takes many forms in many different environments. Leaders come in all shapes and sizes, too. No matter the environment or who you are as a leader, one thing is for certain: effective leadership is not a matter of personality or circumstances. It is a process that is applicable to every leader of every stripe in every environment. In this illuminating book, Doebler shows an uncommon and refreshing vulnerability in sharing his many self-inflicted wounds and successes so that readers can learn from his many years of experience. You'll learn the art of applying the process to your personal needs and the science of how it works, and you'll have concrete tools for practicing the process through breathing exercises and cold exposure. The process is structured yet flexible, allowing you to lead in a way that is authentic to you.

"The modern mind: We live in a wonderful era of abundance, high-speed information and hyper-connection, but it also faces us with the challenges of mass-distraction, negative stress and analysis paralysis. In this book you will learn how to leverage the opportunities of the modern world into a lifestyle of laser focus, masterful mindfulness and personal freedom."--Page 4 of cover.

True toughness involves far more than what most of us believe and has far greater influence on our success and fulfillment than we imagine. Toughness is defined by four interdependent elements: Character-who are you and are you secure in your identity? Capability-what are you able to do? Capacity-what are you able to withstand? And Commitment-what are you willing to do? Being truly tough is a genuine command over ourselves and an ever-increasing mastery of the mental, emotional and physical elements that define us and determine the course of our lives. It gives us the fortitude, mindset and tools to not simply survive adversity, but to thrive through it and in its wake. It gives us a broad and always expanding array of capabilities that create self-reliance and confidence, give us access to new opportunities and experiences, and allows us to contribute more than we consume. It ensures we understand who we truly are, and that we ultimately determine that identity and reinforce it daily with our choices and habits. And true toughness allows us to remain committed to our chosen path to achieve what we intend no matter what it is or how difficult the process. This is not a chest-pounding call for "manly" activity, emotional sterility, and self-flagellation, but a

guide to discover and develop our ultimate capacity to withstand adversity, to collect and build the mental and physical tools to accomplish the challenging and incredible, to find security in our identities and the confidence and resilience it engenders, and to become an active and positive contributor to the world at large. Tough is an inspiring look deep into what makes us tough and why it matters, and a clear roadmap replete with the necessary tools for becoming truly tough.

A leadership book by former Navy SEAL and New York Times bestselling author Mark Divine, *Staring Down the Wolf* focuses on harnessing the principles of purpose and discipline in life to achieve success. What does it take to command a team of elite individuals? It requires a commitment to seven key principles: Courage, Trust, Respect, Growth, Excellence, Resiliency, and Alignment. All of these are present in an elite team which commits to them deeply in order to forge the character worthy of uncommon success. Retired Navy SEAL Commander, entrepreneur and New York Times bestselling author Mark Divine (founder of SEALFIT, NavySeal.com, and *Unbeatable Mind*) reveals what makes the culture of an elite team, and how to get your own team to commit to serve at an elite level. Using principles he learned on the battlefield, training SEALs, and in his own entrepreneurial and growth company ventures, Mark knows what it is to lead elite teams, and how easily the team can fail by breaching these commitments. Elite teams challenge themselves to step up everyday to do the uncommon. Developing the principles yourself and aligning your team around these commitments will allow you to thrive in VUCA (volatility, uncertainty, complexity, ambiguity) environments, no matter your background or leadership experience. Drawing from his twenty years leading SEALs, and twenty five years of success and failure in entrepreneurship and ten years coaching corporate clients, Mark Divine shares a very unique perspective that will allow you to unlock the tremendous power of your team. “Mark Divine has a gift for creating highly effective dynamic teams. Mark interleaves key aspects of leadership, mental toughness, resiliency and cultivating higher plains of existence into a foundational concept of being an authentic ‘Leader of leaders.’ This book is indispensable for anyone looking to lead, build and foster an elite culture.” –Mike Magaraci, retired Force Master Chief of Naval Special Warfare “From his time as a Commander in the SEAL Teams to building several successful multimillion dollar businesses, Mark Divine is an authority on building elite teams and leaders capable of tapping their fullest potential.” –David Goggins, Retired Navy SEAL, author of New York Times Bestseller *Can’t Hurt Me* “To grow to your fullest capacity in your life and as a leader, we need to challenge ourselves. There’s no one I know who’s challenged himself more than Mark Divine. He’s the perfect visionary to help get you out of your comfort zone and shattering the status quo.” –Joe De Sena, Founder and CEO of Spartan

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